

**Amendments to the Claims:**

The Applicant acknowledges that claims 1-21 have been withdrawn in response to the election/restriction Office Action of October 11, 2006. Claim 33 is currently cancelled. Claims 22-32, and 34-37 remain pending. Please amend presently pending claims 22-32 and 34-37 as shown below. Please replace claims 22, 24-32, 34 and 36-37 as presently pending in this application with amended claims 22, 24-32, 34 and 36-37 as shown below. Currently pending claims 23 and 35 remain unchanged.

22. (currently amended) A method of exercising the human body using a natural gum rubber ~~with an elastic~~ band formed in a continuous loop comprising the steps of:
- (a) positioning said natural gum rubber ~~elastic~~ band on at least two points of contact, wherein at least one of said points of contact comprises a point of contact on a part of a user's body;
  - (b) a user applying tension to said natural gum rubber ~~elastic~~ band between said points of contact;
  - (c) said user releasing tension from said natural gum rubber ~~elastic~~ band between said points of contact such that said natural gum rubber ~~elastic~~ band returns to its original length.
23. (original) A method according to Claim 22 wherein steps (b) and (c) are performed gradually such that a low impact, continuous muscle exercise is achieved.
24. (currently amended) A method according to Claim 23, wherein the positioning of said natural gum rubber ~~elastic~~ band during step (a) coincides with flexion and extension movements of muscle groups to be exercised.
25. (currently amended) A method according to Claim 22, wherein a plurality of natural gum rubber ~~elastic~~ bands of different lengths are ~~be~~ used.

26. (currently amended) A method according to Claim 22 wherein said natural gum rubber elastic band further comprises a smooth inner surface and a matte outer surface.
27. (currently amended) A method according to Claim 26, wherein a said smooth inner surface of said natural gum rubber elastic band contacts against said user's body.
28. (currently amended) A method according to Claim 27, wherein ~~where~~ a second point of contact may be a stationary or immovable object.
29. (currently amended) A method according to Claim 26, wherein said matte outer surface contacts against said user's body.
30. (currently amended) A method according to Claim 22, wherein said points of contact ~~on said user's body~~ are selected from the group consisting of one or both hands of said user; hands and feet of said user; torso and hands of said user; torso and one or both feet of said user; a stationary object and one or both hands of said user; ~~or~~ a stationary object and one or both feet of said user; or combinations thereof.
31. (currently amended) A method according to Claim 30, wherein the stationary or immovable object is selected from the group consisting of a hinged, secured door and door frame; laden chair; ~~or~~ a raised object above or below ground level; or combinations thereof.
32. (currently amended) A method according to Claim 30, wherein positioning ~~contacting~~ said natural gum rubber band at said point of contact further comprises providing an additional fastening or securing device ~~from~~ in between the natural gum rubber band apparatus ~~to~~ and an immovable or stationary object.

33. (currently cancelled) ~~A method according to Claim 31, wherein contacting said band at said point of contact further comprises an additional fastening or securing device from in between the apparatus to an immovable or stationary object.~~
34. (currently amended) A method according to Claim 22 wherein ~~there are~~ said at least two points of contact comprise a first and second point of contact.
35. (original) A method according to Claim 34 wherein said first point of contact is a part of said user's body, and said second point of contact is a stationary object.
36. (currently amended) A method according to Claim 35 wherein said natural gum rubber ~~elastie~~ band is either secured about said second point of contact or attached to said second point of contact.
37. (currently amended) A method according to Claim 22 wherein a plurality of natural gum rubber ~~elastie~~ bands having increasing thicknesses are employed by said user such that as the level of fitness and muscular strength of the user improves, thicker bands are employed thereby incrementally improving the level of fitness and muscular strength of said user.